

MESSAGES

Boss,
There's a Fly
at my
Workstation

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Integrated Pest Management:

An organized and systematic approach, often based on common-sense, to managing pests such as microbes, mice, weeds, insects, and plant diseases.

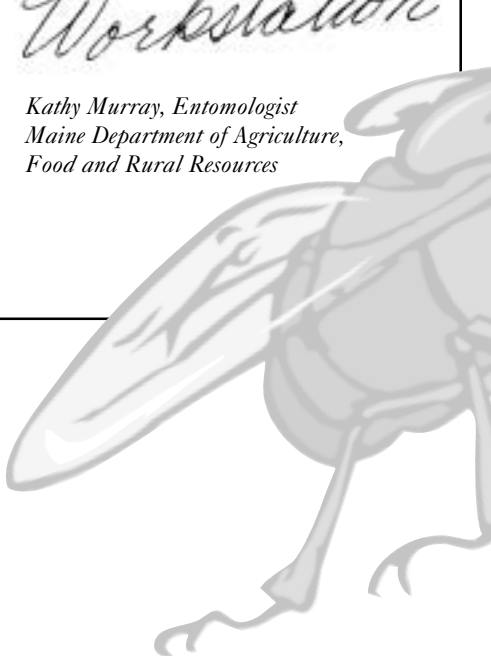
IT CAN BEGIN WITH COMPLAINTS OF HEADACHES, INCREASED ABSENTEEISM, or reports of 'creepy-crawly' sightings. It can result in lawsuits, property damage, building closures and more. There will be plenty of anguish, finger pointing and expense.

Luckily, pesticide misuse incidents and serious pest problems in the workplace are rare. But there is mounting evidence of the health risks posed by pests and the chemicals used to combat them. And with heightened public concern about environmental health risks it is more important than ever to take a closer look at your site's pest management practices and policies.

Workplace health and safety includes good prevention, planning and action to prevent unhealthful exposure to pesticides and pests. Yes, 'critter control' is a critical component of facilities management that is often overlooked. Weeds and stinging insects outdoors and mice, molds, or insects indoors can be a real headache. But the pesticides used to battle these critters, even those readily available at the hardware store, can present an unnecessary risk if used improperly. A proactive, planned approach to managing pest and pesticide risks in the workplace saves time and money and reduces the risks of illness, toxic exposures, and property damage.

What's the best and most affordable approach to pest control in the workplace? It's called 'Integrated Pest Management' or IPM. IPM is a common-sense way to provide a safe and healthy workplace environment that uses a combination of prevention, monitoring, low risk pest control action, and regular evaluation. IPM allows you to stay ahead of pest problems; you'll have fewer emergencies. IPM is good facilities management resulting in better indoor air quality and safer buildings and grounds.

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You probably already practice some components of IPM. You can pull the rest of your IPM program together by:



Assembling a pest management and prevention team and keeping lines of communication open,



Reviewing current pest management policies and practices including examination of pest management contracts,



Practicing inspection and monitoring of facilities and grounds,



Using low-risk pest prevention and control methods, and



Systematically evaluating program effectiveness.

Employers are responsible for ensuring that neither pests nor pesticides pose unacceptable risks to staff or visitors. Some people may be extra sensitive to certain chemicals and others are very sensitive to pest

threats such as stinging insects, rodents, mold or cockroaches. Employers' workplace safety responsibilities include making sure that pesticides are only used by state-licensed applicators. Remember that pesticides include 'weed and feed' turf products, plant disease protectants, ant traps, rodent baits, insect sprays, and even disinfectants; any chemical designed to kill a living organism. A written IPM policy will help ensure compliance. And more importantly, developing an IPM program will help ensure success.

Help for jump-starting your IPM program is available. The Maine Board of Pesticides Control can answer pesticide questions (www.thinkfirstspraylast.org). To identify unknown pests, send them to the University of Maine Cooperative Extension (<http://pmo.umext.maine.edu/ipddl/ipddl.htm>). Employers can and should incorporate IPM into their facilities management and environmental health and safety programs. The payoff is fewer sick days, managed costs, reduced risks, and fewer real-life nightmares.

For more information contact:

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Our rates went down in 2001!

The overall rate of workplace injuries and illnesses in Maine private sector companies for 2001 was the lowest it has been since the data was first collected in 1972. At 8.7 cases per 100 full time workers, the rate is 3% lower than in 2000, when the rate was 9.0.

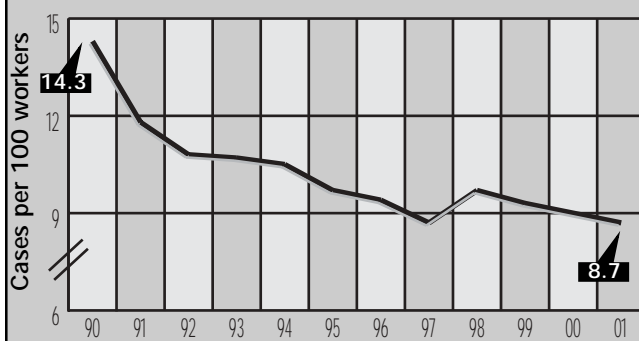
The rates dropped dramatically between 2000 and 2001 in several industries:

- Grocery Stores-down 59%
- Miscellaneous Wood Products (mfg.)-down 57.5%
- Electronic Components and Accessories (mfg.)-down 55%
- Highway and Street Construction-down 53%
- Hospitals-down 39.6%

Other industries saw a sizable rate increase in 2001:

- Sawmills-up 239.7%
- Miscellaneous plastics products (mfg.)-up 143.2%
- Lumber and other building materials (retailing)-up 72.6%
- Eating and Drinking Places-up 67.5%
- Nonresidential Building Construction-up 47.8%

Total Rates of Occupational Injuries and Illnesses, Maine, 1990-2001



The rates are based on information recorded on the OSHA 200 logs of selected employers and reported to the Bureau of Labor Standards as part of its annual survey. They represent the most accurate yearly measure of the rate at which injuries and illnesses occur in Maine workplaces. (Note: Rates for 2002 and beyond will be based on the OSHA 300 logs and will not be comparable to rates for 2001 and earlier, which used the OSHA 200 logs.)

For additional rate information go to: <http://www.Maine.gov/labor/bls/occupinj.htm>

Visit our web site at <http://www.Maine.gov/labor/blsmain.htm>

Register for Research

Register now for the 2nd Maine Occupational Safety and Health Research Symposium, May 21 & 22, 2003. Call 624-6400 for a brochure or go to www.maine.gov/labor/bls/MORA.htm

The risks of legal drug use

Many legal drugs, such as painkillers and antihistamines, can pose safety risks on the job. Even when taken as directed, many over-the-counter and prescription medications can cause fatigue or impair thinking and motor abilities.



The January 2003 issue of *Occupational Health Management* offers these suggestions:

1. Buy non-drowsy formulas of over-the-counter drugs, even if they cost more.
2. Never take the "PM" formula before work; it's meant to help you sleep.
3. Let physicians know the kind of work you do and the hazards. That way, the doctor may be able to prescribe something that is less likely to interfere with work.



Preparedness Information



The following Web sites contain practical information to help businesses and families prepare for disasters:

<http://www.Maine.gov/mema/warning.htm>

<http://www.cdc.gov/niosh/topics/prepared/>

<http://www.redcross.org/services/disaster/beprepared/familyplan.html>

Newsletter articles are written by individual authors and are not necessarily products of the Maine Department of Labor or its staff. Information in the articles is not a substitute for official policy or regulations. The editor is Lynne Lamstein, director of outreach and education for the Bureau of Labor Standards. Tel: 207-624-6400, TTY (for people who are deaf and hard of hearing): 800-794-1110, e-mail: webmaster.bls@Maine.gov

The Maine Department of Labor provides equal opportunity employment and programs. Auxiliary aids and services are available upon request to individuals with disabilities.

New Maritime Injury Prevention Sheets

Working with the shipyard community, OSHA recently created injury prevention sheets designed for employers and workers in the shipyard industry. The Safety and Health Injury Prevention Sheets (SHIPS) provide information on hazard awareness and controls and include photos from shipyards showing hazards and recommended solutions.

<http://www.osha.gov/dts/maritime/sltc/training.html>

Proud of Pride

Pride Manufacturing Achieves SHARP Status

SafetyWorks! consultants, Jane Garland, Meg MacLeod, and Scott VanPatten assisted the Safety Committee at Pride Manufacturing in Guilford, Maine to achieve SHARP status. SHARP stands for Safety and Health Award Recognition Program. With SHARP status, the company is exempt from scheduled OSHA inspections for one year.

Pride's Safety Committee, employees and management have worked together to develop safety and health awareness, which has become part of their culture at Pride. SHARP recognizes their efforts and accomplishments.

Bureau of Labor Standards Director Michael Frett presented the SHARP certificate to Ken David, chair of the Safety Committee.



Ken David holds the SHARP certificate surrounded by Pride Safety Committee members.

Visit our web site at <http://www.Maine.gov/labor/blsmain.htm>

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FROM THE DIRECTOR

The world of workplace safety and health is expanding. Now we must pay attention to modern day disasters, pesticides, violence at work, new technologies, and the overall environment of the workplace — in addition to the ever-present hazards. It's a lot to take in, too much to remember, and nearly impossible to respond to everything all the time.

Yet, there's good news to report. Our injury and illness rates are going down and companies are being recognized for excellence in safety. If you have good news about

safety, let us know. We'd like to share it because it helps all of us keep moving forward in our important work of protecting the safety and health of Maine workers.



Michael V. Frett, Director
Bureau of Labor Standards